September 2008 Edition

Serving the Military Community on Kodiak



Kodiak points of interest:

Settled by Russians in 1792

Sixth largest city in Alaska

Largest fishing port in the U.S.

Home of the largest Coast Guard Base

Second largest island in U.S.

 $117\,salmon\,streams$

Less than 100 miles of road on the island

252 air miles southwest of Anchorage

Average rainfall 74.2 inches

Average snowfall 84.5 inches

Average temperature -20 to 82 degrees F

Two-thirds of the island has been set aside to form the Kodiak National Wildlife Refuge

Home of the Kodiak brown bear the world's largest carnivore

Kodiak Brown Bear population: 3000

Welcome to Team Kodiak

Integrated Support Command Kodiak is your host and provides a wide range of support services. We value you as our customers and look forward to providing you with "Rock Solid Support."

The Bear (formerly called "The Barometer") is Team Kodiak's newsletter. Whether this is your first tour on Kodiak, or you are returning to the "Emerald Isle," you will find this special edition of the Barometer to be a valuable resource. I hope it will help you adjust to your new location and focus your expectations of the many resources available.

Be sure to attend one of our Newcomers' Orientation Sessions. There, you can meet and talk with experts who provide a variety of services at the Kodiak Complex. It's definitely a worthwhile session and you'll get

meet some other newcomers, or "Cheechakos" at the same time.

Again, welcome to Kodiak. May your tour here be safe, happy, and productive.

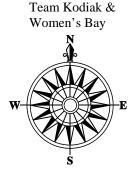
Captain Mark S. Carmel

Commanding Officer

Integrated Support Command Kodiak











JUNEAU, Alaska - Coast Guardsmen aboard the cutter Munro, homeported in Kodiak, Alaska, conducted the first-ever high seas boarding and inspection of a fishing vessel Tuesday under the authority of the Western and Central Pacific Fisheries Commission.

The WCPFC is a regional fisheries management organization whose objective is to ensure,

through effective management, the long-term conservation and sustainable use of highly migratory fish stocks in the Western and Central Pacific Ocean. This convention area stretches across the WCPO from the south coast of Australia to the Bering Sea.

Munro's crew boarded the fishing vessel Tokuei Maru 17 out of Yaizu, Japan, and conducted an inspection of the ship, its catch, fishing gear and all relevant documentation to ensure it was operating in compliance with the provisions of the convention and the conservation and management measures adopted by the WCPFC.

Despite this being the first high seas boarding conducted pursuant to specific WCPFC guidelines, the boarding and investigation process went smoothly, without incident and the Coast Guard boarding team did not find any violations.

"We found no violations of WCPFC conservation and management measures, the crew was very friendly and the master very cooperative," said Lt. Ellen Motoi, the weapons division officer aboard the Munro and the boarding officer in charge of the boarding team that conducted the investigation on board the Japanese fishing vessel.

The team's investigative report was sent to the Coast Guard's 17th District headquarters in Juneau, Alaska, where it was reviewed and forwarded to the government of Japan and the convention's commission headquarters in Pohnpei, Federated States of Micronesia. With the ever increasing demand on the world fisheries stocks, international joint management under the WCPFC holds significant potential for improved oversight of highly migratory fisheries, such as tuna, covered by the WCPFC.

"This is a great step forward, both in terms of international cooperation and effective mission execution for Coast Guard vessels in the operations area," said Munro's Commanding Officer Capt. Craig Lloyd.

The WCPFC convention was adopted Sept. 5, 2000, in Honolulu, and includes more than 30 nations and territories, including the United States and Japan. WCPFC convention area tuna catch for 2006 amounted to 78 percent of the total Pacific Ocean catch and more than 51 percent of the global tuna catch. This catch is worth more than \$3 billion annually.

MHS Web Portal Provides Mental Health Tools Afterdeployment.org (AD)

The fully-functional site is expected to be released late-September 2008 In an effort to focus on post-deployment problems and meet the mental and behavioral health needs of service members, the Military Health System launched its behavioral health Web portal.

Irritability, depression, increased stress, and relationship difficulties are the typical concerns faced by service members and their families following a

deployment. It has been found that many service members do not seek out face-to-face care for a variety of reasons, such as scheduling appointments, getting time off from work, transportation costs, along with the issue of stigma and the concern that talking to a counselor will damage a career or be seen as a sign of weakness.



AD eliminates these problems by providing self-care tools to be used anonymously by the entire military community 24/7 anywhere an internet connection is available. This may serve as an alternative to traditional face-to-face care for some while others could use the site in tandem with inperson consultation.

AD has twelve programs that focus on:

- Adjusting to War Memories Handling Stress
- Dealing with Depression Sleeping Better
- Improving Relationships Overcoming Anger
- Succeeding at Work Balancing Your Life
- Seeking Spiritual Fitness
- Controlling Alcohol and Drugs
- Helping Kids Deal with Deployment and
- Living with Physical Injuries

For further information, contact the AD Project Office at (253) 968-2492 or visit afterdeployment.org.

ALL SINGLE ACTIVE DUTY PERSONNEL & BARRACKS RESIDENTS ARE INVITED TO SAY

"FAREWELL SUMMER"

WITH A FREE MEAL OF BURGERS, DOGS & Salads!



Monday, September 08
Between 1730-1900
Barracks Three Kitchen
Room 3-136

An ISC Kodiak Command Religious Program Event





Coast Guard Childcare Subsidy



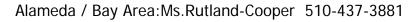
If you are **active duty**, have family income of **LESS than \$75,000** a year, and your child care provider is **licensed by the State**, then the Coast Guard has a subsidy designed to help you. For more information or to apply, please contact:



Judy Gonzales at GSA:

1-866-508-0371 or uscoastguardchildcare@GSA.gov

Contact your local Family Resource Specialist for more information about child care options available in your area.



Juneau, Alaska: Betsy Longenbaugh 907-463-2125

Kodiak, Alaska: Karen Perkins 907-487-5525 x274

San Pedro, CA: Tony Haynes: 310-732-7587

Seattle: Vina Fejeran: 206-217-6612

Hawaii: Mary Mansfield: 808-842-2089

PAC Area Child Care Coordinator: Rose Neel 510-637-1192



AFTERSCHOOL PROGRAM

ENROLLMENT STARTS July 15th, 2008

AT THE

CHILD DEVELOPMENT CENTER

COME IN AND SIGN UP YOUR CHILD TO ENSURE A SPOT IN THE PROGRAM

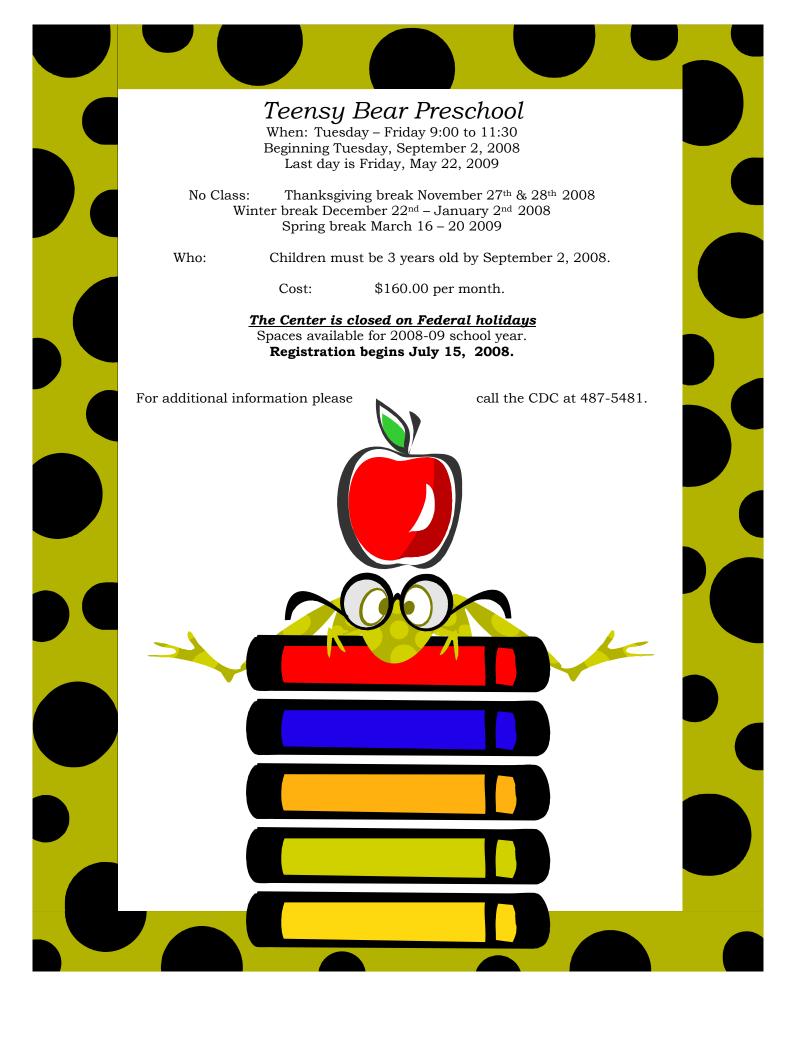
PROGRAM FOR GRADES 1 & UP STARTS ON AUGUST 26
PROGRAM FOR KINDERGARTEN STARTS ON SEPTEMBER 02
THE CDC VAN WILL PROVIDE TRANSPORTATION

MONTHLY FEE IS \$230

THE AFTERSCHOOL PROGRAM SCHEDULE FOLLOWS THAT OF THE SCHOOL SYSTEM OBSERVING SCHOOL AND FEDERAL HOLIDAYS.











September 2008 Indoor Cycling Schedule Racquetball Court #1 at the Gvm



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 1145-1230 Dave	2 1630-1715 Jody	3 1145-1230 Maureen	4 1630-1715 Jody	5 1145-1230 Maureen	6
7	8 1145-1230 Dave	9 1630-1715 Jody	10 1145-1230 Maureen	11 1630-1715 Jody	12 1145-1230 Maureen	13
14	15 1145-1230 Dave	16 1630-1715 Josh R	17 1145-1230 Maureen	18 1630-1715 Josh R	19 1145-1230 Maureen	20
21	22 1145-1230 Dave	23 1630-1715 Jody	24 1145-1230 Maureen	25 1630-1715 Jody	261145-1230 Maureen	27
28	29 1145-1230 Dave	30 1630-1715 Jody				

American Cancer Society Fresh Start Quit Tobacco Class

Tuesdays and Thursdays
3pm-4pm
Sept 23, 25, 30
Oct 2, 4, 6
5th floor of the commissary building

For more information please contact:

Jody Carman, Health Promotion Manager
487-5525 ext. 273



SwimFit Starts Sept 8th!

Group swim work-outs for Active Duty & Dependent Members

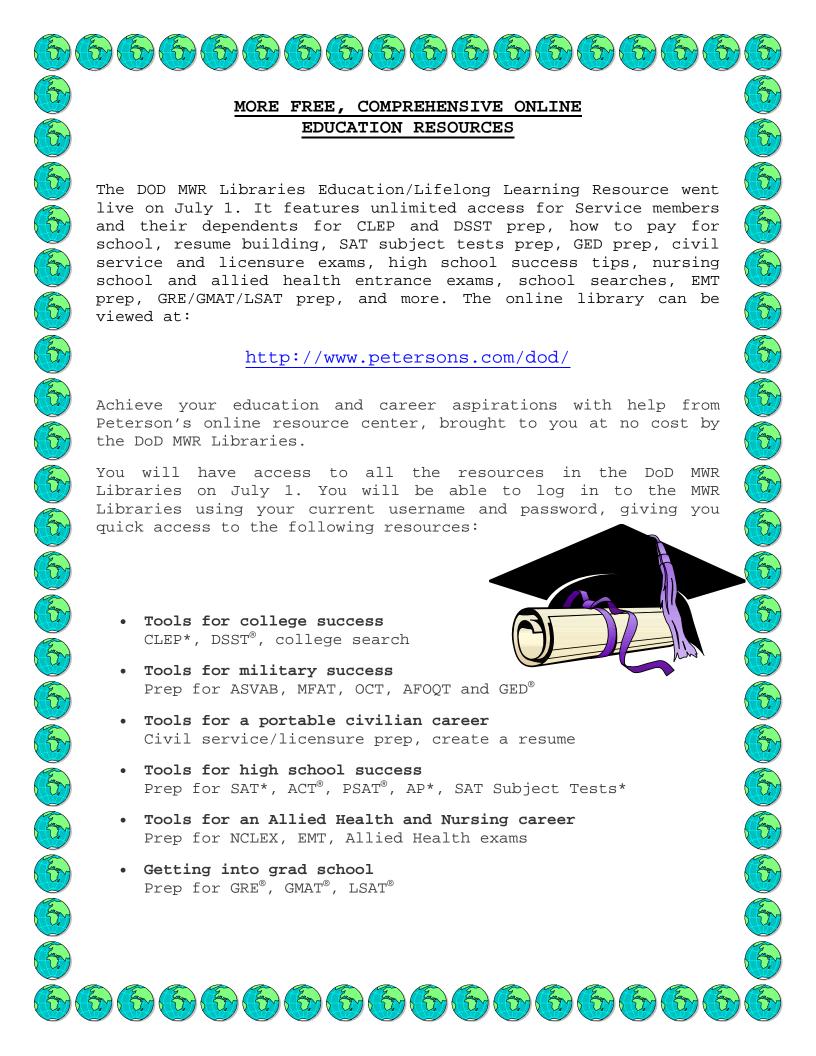


information contact
Jody Carman,
Health Promotion
Manager
487~5525 ext.273

Monday, Wednesday, Friday

16:15 ~ 17:15

This workout is designed for swimmers to get in shape and maintain conditioning.





An Inspiring Walking Program

Walktober is a new walking campaign designed to:

GUIDE you through the benefits of walking

ENCOURAGE walking into your daily routine

BOOST the amount you walk

INSPIRE you to make walking a priority — in October and beyond.

Use the <u>log card</u> and your *Walktober* leaves stickers to <u>track your progress</u> throughout October. You will get a free log card, water bottle, and strobe light!

Your goal is to <u>accumulate 20 or more stickers</u> during the 31-day program by recording dedicated walking <u>minutes</u> or daily <u>steps</u> (using a step counter worn all day).

Who can participate?

Everyone - whether you're just starting out or are already an avid walker.

What are the benefits of Walktober?

Health benefits and Prizes to the top 5 walkers!

How do I get started?

Complete the registration form below and return it to your Unit Health Promotion Coordinator (UHPC) or Jody Carman at Work-Life (5th floor of the commissary).

coordinator (CIII C) or sody Curine	in at work Ene (sai froot of the commissary).
REGISTRATION FORM	
Name	
Email	-
Address	
Phone	_
Signature	_
Unit	_
T-shirt/sweatshirt size (circle) M L XL	XXL
	T 1 G 105 5505 1050

Return Form to: Unit Health Promotion Coordinator or Jody Carman 487-5525 ext 273

Registration Deadline: October 5th, 2008

Registration deadline:

USDA Public Release

<u>USCG ISC Child Development Center</u> announces its participation in the USDA Child and Adult Care Food Program administered by the Alaska Department of Education and Early Development. Meals will be made available to enrolled children at no separate charge without regard to race, color, national origin, sex, age, or disability.

Parent's income determines the amount of money USDA will reimburse us to provide meals to enrolled children. The income eligibility guidelines listed below are used to determine our reimbursement from the USDA. Children from households whose monthly income is at or below these levels are eligible to be counted for free or reduced-price meal reimbursement.

Family	1	2	3	4	5	6	7	8
Size								
Reduced-	\$2,0	2,69	\$3,3	\$4,0	\$4,7	\$5,4	\$6,16	\$5,86
Price	05	8	92	86	80	73	7	1
meals								
Free	\$1,40	\$1,8	\$2,3	\$2,8	\$3,3	\$3,8	\$4,33	\$4,82
Meals	9	96	84	71	59	46	4	1

For each additional family member, add: Reduced Price + \$694 Free + \$488

Anyone who believes they have been discriminated against should write immediately to the USDA Director, Office of Civil Rights, Room 326-W, Whitten Building, 14th and Independence Avenue, SW, Washington D. C. 20250-9410 or call 202-720-5964.

Capture the Flag





Families Welcome



September 17th 3–4 pm

Ages: 7 and up MWR Eligible only

Location: BMX Track
If its raining, we'll play at the gym

For More Information call Brenda @ 487-5271

MWR AT A GLAN

MWR AUTO HOBBY 487-5844

MONDAY - WEDNESDAY CLOSED

THURSDAY & FRIDAY 12:00p.m. - 10:00p.m. SATURDAY & SUNDAY 10:00a.m. - 8:00p.m.

BILLIKEN THEATRE - MOVIE LINE 487-5884

SHOWTIMES

WEDNESDAY - FRIDAY 7:00p.m.

SATURDAY & SUNDAY 3:30p.m. & 7:00p.m.

GOLDEN ANCHOR BANQUET ROOM 487-5798

MONDAY - FRIDAY 8:00a.m. - 1:00a.m. WEEKEND & HOLIDAYS 8:00a.m. - 1:00a.m.

AVAILABLE BY RESERVATION ONLY, CONTACT LINDA PENA @ 487-5059.

GOLDEN ANCHOR SPORTS PUB 487-5798

SUNDAY - WEDNESDAY CLOSED

5:00p.m. - 9:00p.m. THURSDAY 5:00p.m. - 12:00p.m. FRIDAY - SATURDAY GRILL HOURS 5:00p.m. - 9:00p.m.

MWR GUEST HOUSE / RV LOT 487-5446

OPEN 24 HOURS A DAY / 7 DAYS A WEEK

NORTHERN LIGHTS RECREATION FACILITY

487-5272

MONDAY - SATURDAY 5:30a.m. - 9:30p.m. SUNDAY 1:00p.m. - 9:00p.m.

MWR OFFICE 487-5108

8:00a.m. - 4:00p.m. MONDAY - FRIDAY

Jewel Beach Gazebo: (100 cap.):

The Gazebo is an outdoor facility located next to Tsunami Lanes Bowling Center. There is a volleyball court, batting cage, horseshoe pit, and a barbecue available to use May through September. Reservations are taken at the MWR Office, Call 487-5108.

There is no rental fee to reserve this area.

We're on the Web! www.kodiakmwr.com MWR PIZZA PARLOR 487-5988

(At the Bowling Center)

MONDAY - FRIDAY 8:00a.m. - 9:00p.m. 11:30a.m. - 9:00p.m. SATURDAY SUNDAY 1:00p.m. - 6:00p.m.

TSUNAMI LANES 487-5401 MONDAY - TUESDAY CLOSED

WEDNESDAY - SATURDAY 11:30a.m. - 10:00p.m. 1:00p.m. - 8:00p.m. SUNDAY

BEAR VALLEY GOLF COURSE 487-5323

The course operates daily from 8:00 a.m. weekdays and 7:00 a.m. Sat., Sun., and Holidays. Closing is two hours before sunset for the last tee off.

MWR BOAT HOUSE 487-5047

OPEN 7 DAYS A WEEK 8:00a.m. - 8:00p.m.

487-5391 **MWR POOL**

SEE POOL SCHEDULE FOR DETAILS

MWR TEEN CENTER 487-5250

TUESDAY - FRIDAY 2:00p.m. - 7:00p.m. SATURDAY 1:00p.m. - 7:00p.m.

Military Ticket Program:

MWR can now order discounted tickets for Disney World, Disney Land and Sea World. Tickets must be ordered with two weeks advance notice. The MWR Office is located on the 2nd floor of the base gym. If you are interested in obtaining tickets for other locations including hotel vouchers, please stop by the MWR Office or call MWR at 487-5108 for additional information.

Solar Therapy Room:

Is open to active duty, dependents, civilian employees, and retired military. To make an appointment, call the Gear Issue Desk at 487-5272.

COST: \$4-per tan, \$8-"First Timers Pkg,

\$10-5 Tan Punch Card,

\$20-10 Tan Punch Card

\$40-20 Tan Punch Card, Tan Punch Cards can be purchased at the Gear Issue Desk.

Pool / Pizza Party:

Special party package includes 1 hour of pool time, 2 large one topping pizzas, and drinks for only \$70.00. Additional one topping pizzas can be purchased for \$16.00 each. Pizzas can also be double cut if requested. The pizzas and drinks are provided by the Pizza Parlor and would be consumed in the Bowling Center dining area.

This special is provided for groups up to 20 people.

To make a reservation or for more information, please contact Jim Willis, Pool Manager, at 487-5391.



ew in September

Winter Hours Will begin October 1st























Eco-Challenge Winners

1st place: 4 Speed - 10hr 19min 04sec Karina Rasmussen, Brian Glaspell, Wendy VanCuren, John Pearson

2nd place: Tough Puffins - 10hr 22min 54sec Matt Thiessen, Ben Cournia, Andy Schroeder, Betsy Lund

3rd place: Water Walkers - 10hr 29min 15sec Monica Cotturone, Andy Berghorn, Chris Windnagle, Dan **Fullerton**

Monday - Friday 0530 - 0630 For more information, please see the attached.



Monday Night Football

ARE YOU READY FOR SOME MONDAY NIGHT FOOTBALL?!!



FREE TO PLAY

Monday Night's at the Golden Anchor at 1600 beginning September 8th. You could win a Seahawk Air Gift Certificate, a 32' Flat screen TV or 30G video iPod. See the attached flyer for more information.

FREE RENTAL

Rod / Reel For the Active Duty Military Member Only, during the month of September, receive a FREE Rod / Reel Rental (Limit 1 rod per day) when renting from the MWR Boat House. For more information. please contact MWR at 487-5108.

MWR Boat House





Dates to Remember:

Sept 8th: Monday Night Football 1600 - Minnesota vs. Green Bay and Denver vs. Oakland

Sept 15th: Monday Night Football 1600 - Philadelphia vs.

Dallas

Sept 22nd: Monday Night Football

1600 - NY Jets vs. San

Diego

Sept 24th: Monday Night Football

1600 - Tennessee vs.

New Orleans

Sept 29th: Monday Night Football

1600 - Baltimore vs.

Pittsburgh



Every Wednesday & Thursday
Buy 2 large Soda's and 1 large Popcorn
for \$4.00

For more information, please contact MWR at 487-5108 or the movie line at 487-5884

MWR Facility Closures Monday, 1 September 08

Closed Auto Hobby Billiken Office Closed Boat House Open Closed MWR Office Pizza Parlor 12:00p - 6:00p Golden Anchor Closed Golf Course Open Guest House Open 5:30a - 9:30p Gym Closed Pool Teen Center Closed Bowling Center Closed

Visit Mur on the web at:

Sunday	Monday	Tuesday	ember 2	Thursday	Friday	Saturday	
	1 Closed	2	3	4	5	6 Youth Soccer Games	
Closed	8 Closed	9	Laser Tag @ Gym See flyer for times!	11	12 Skate Night @ Gym 5-7 pm	Youth Soccer Games	
Closed	Closed	Creative Cooking 4-5 pm Sign up @ TC	17 Capture the Flag @bmx track 3-4 pm Gym if Raining	18	19 Air Hockey Tournament 4 PM Sign up @ TC	Youth Soccer Games	
Closed	Closed	23	Rock Climbing @ Gym 3-5 pm	25 Sports Club 4 pm	Bingo 4-5 pm	Youth Soccer Games	
Closed	Closed	30 Scrapbooking 4-5 pm	See flyers for ag	Teen Center unless		Teen Center Hours: Monday-Friday 2-7 pm	
ЛWR	Youth	n Acti	vities		Saturday	1-7 pm 10 years or older an	

Northern Lights Recreation Facility

Captain's Cup

Captains Cup "IONMAN" Triathlon: Saturday, September 20th. Registration Deadline is Thursday, September 18th. Divisions are as follows: Individual Men, Individual Women, Team (co-ed or non-coed), Youth ages 13 and over. Adult Course: 500 yd swim, 20K bike, and 5K run. Fee is \$5 per person (includes medals).

Captain's Cup Soccer tournament: Double Elimination Tournament Sunday, September 28th. Registration deadline is Thursday, September 25th. Mandatory meeting for team captains on Thursday, September 25th at 1130 in the MWR Conference Room. Game times are Monday - Thursday 6:00pm and 7:00pm, and Sunday at 1:30pm and 2:30pm.

For more information about any of these events, or to register, please contact Rachael Dyer at 487-5549 or visit the Gear Issue Desk.

Extra Events

"Boot Camp" Fitness Training

September 15th to September 30th
Monday through Friday
5:30 to 6:30am
*Stay tuned for October schedule!

Open Gym Volleyball

Sunday evening 6:30-9:00pm

Lunch Time Basketball /Volleyball

Monday - Friday: 11:30am to 1:00pm (Reserved for ID card holders, those on lunch break)
For more information, or to reserve a court, contact Rachael Dyer at 487-5549 or visit the Gear Issue Desk.

Wireless Internet!

Wireless internet now available in the
Base Gym Lobby,
see Gear Issue for Details!

Don't forget about Fit - For - Life Sponsored by Subway of Kodiak. For more information, contact Jody Carman at 487-5525 x273



Nemetz Gazebo: (100 cap.)

This facility is available to rent for a fee of \$25 per day with a \$75 deposit that is refundable. There are folding tables & chairs, and a standard kitchen.

To make a reservation, contact MWR at 487-5108.

MWR Eligible Patrons Only!



ROOM RATES:

<u>Single/Double Rate:</u> \$75 per night, allows up to two people per room.

<u>Triple Rate:</u> \$80 per night, allows up to three people per room with a use of a rollaway bed or sleeper sofa.

Family Suite: \$90 per night, allows five-eight family members.

Adjoining Rooms: \$95 per night, allows four-six family members. For reservations or information call the Guest House at 487-

5446 ext. 1.



Pool Closed: Sept. 23, 24 & 25, 8:00-4:00pm.

For wet drills.

Fall Schedule: Begins Tuesday,

September 2nd - Please see the attached flyer

AM Water Aerobics:

Time change starting August 25, 9 - 10am New Wednesday Afternoon Open Swim: 2:00-2:30pm.

Evening Aerobics (beginning 09/04):

Tuesday & Thursday: 6:30-7:30pm. Saturday: 9:00-10:00am.

Swim Fit:

Beginning September 15th Monday, Wednesday & Friday 4:15-5:15pm.

Jr. Swim and Swim Lessons Start dates will be announced at the Gear Issue and Pool bulletin board when available.





RV Lot:

The RV Lot is located in the Old Nemetz Housing Area at the end of Barometer Street. For more information or to make reservations please contact the Guest House at 487-5446 ext. 1.

2008 NFL Season is Here

ARE YOU READY FOR SOME MONDAY NIGHT FOOTBALL ?!!

Season Opener is Monday,

08 Sept. Don't fumble your chance to win great prizes! Enjoy the game with friends. Enter to win weekly prizes and

a chance at the Grand Prize!



\$30, \$20, \$10 in MWR Bucks ~ GRAND PRIZE ~

1st Prize: \$1200 airfare on either Seahawk Air, Alaska Airlines, or ERA Aviation 2nd Prize: 32" Sharp Aquos LCD HDTV

3rd prize: 8G iPod Nano

FREE TO PLAY

Certain Rules Apply. For more information please contact MWR at 487~5108.

MWR, ID Card Holding, Eligible patrons only and you must be at least 18 years old to participate!

Season opener is Monday, 08 Sept.

Creative Cooking



Cook New Foods and Create Your Own Cookbook



Tuesday, September 16th

@ the Teen Center

4-5pm

Sign up required

@ the Teen Center

2 days prior to the event

CARRILINE EXPLESSIONS

at the Teen Center





Tuesday
September 30th
@ the Teen Center
4-5 pm



For more information or to register call 487-5271 or 5250

Laser Tag in the Gym Wednesday, Sept. 10th



<u>Age</u> <u>Time</u>

5-10 years 3-4 pm

11-17 years 4-5 pm

*Children must be at least 5 years old, due to the nature of the game and the cost of the equipment.

Call Brenda for more info:

487-5271 or 5250

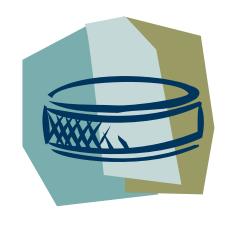
Tsmami Lanes Friday Night Mixed League

League sign-ups will be taken at the Tsunami Lanes Bowling Center.
For more information, please contact Bob White at 487-5401.



Fridays at the Teen Center

Air Hockey Tournament September 19th 4 PM Sign up at Teen Center





BINGO! September 26th 4-5pm

MWR Eligible Youth Ages 10 and up

Boat House Fishing Derby!!

August 15th - September 30th
End of season cook off and awards on October
4th (details to follow).

Prizes for Largest Halibut, Chinook/King Salmon and Coho/Silver Salmon!

Register for the Derby between 14Aug and 31Aug and get your name put in drawing for free boat rental during month of September. Name will be drawn at close of business on August 31st and winner will be notified September 1st.

*Open to MWR eligible patrons only.

* Must be caught in an MWR Boat or River fishing.

*You must be pre-registered for the tournament at the Boat House.

*Catches must be measured by Boat House personnel.

* Contact the Boat House for official rules.





Thursday
September 25th
4:00 pm



Help Plan Future
Teen Center Events
Decide Club Sports
In September

MWR Youth Ages 10-14







Family Skate Night September 12th 5-7 pm

Rental Skates Available

Rock Wall Climbing September 24th 3-5 pm Ages 5-17



All Activities for MWR eligible youth only. For more information call 487-5250 or 5271.

Bear Valley Golf Course

Active Duty ONLY Golf Tournament



Friday, September 5th
Check-in starts at 12:00p.m.
Shotgun start at 1:00p.m.
Sign up at Gear Issue!!



18 hole, four man scramble format. See below for prize descriptions!

Additionally there will be a long drive contest and a closest to pin contest, the prize will be a Bear Valley Golf Course hat.

For more information, please contact MWR at 487-5108.

Prizes!

1st Place: 4 - Cosmic 7.5 Golf Bags

(\$99 value each!)

2nd Place: 4 - Wilson Belly Putters

(\$30 value each!)

3rd Place: 4 - 15 packs of Pinnacle

Golf Balls (\$20 value each!)

Fees!

E6 & BELOW E7 & ABOVE \$13.00 \$19.00

September MWR Events

TER GENTER

Location - **New Hours**

Base Gym 2:00p.m. to 7:00p.m. Tuesday thru Friday 1:00p.m. to 7:00p.m. Saturday

Teen Center now has computers and internet for your use.

Pick up usage agreements at Teen Center.

See the Teen Center Calendar for additional FUN activities! For more information, please contact the Teen Center at 487-5250



Boat House

Open 7 Days a Week! 8:00a.m. - 8:00p.m. 2008 Fishing Derby:

August 15th - September 30th End of season cook off and awards on October 4th (see flyer for details).

Thank You to our Diamond Jig level Fishing Derby Sponsor, Mack's Sport Shop!!

For more information please visit

www.kodiakmwr.com or contact the Boat

House at 487-5047



Hours (at the Bowling Center):

MONDAY - TUESDAY WEDNESDY - FRIDAY SATURDAY SUNDAY 7:30a.m. - 8:00p.m. 7:30a.m. - 9:00p.m. 11:30a.m. - 9:00p.m. 1:00p.m. - 6:00p.m.

Auto Hobby Shop Hours

Mon – Wed

Closed

Thu & Fri Sat & Sun 12:00a.m. -10:00p.m. 10:00a.m.-8:00p.m.

For more information, please contact the



Tsunami Lanes Hours

Mon - Tues Closed

Wed - Sat 11:30a.m. - 10:00p.m.

Sign-ups for mixed league bowling are now being accepted at the bowling center!



Nutrition, Sailors, Weight-loss Diets and Oral Health CAPT William Stenberg Rockmore-King Clinic



vitamin C at a

reduce

meat,

part of a

In most regions of the world, nutritional problems are caused by inadequate intake of nutrients, but in the United States most of our problems are of excess. As a dentist I usually talk about excess sugar, but Americans also eat excess fats, excess cholesterol, and excess carbohydrates. The result is that 53% of Americans are overweight. Obesity, diabetes, and heart disease are the most common health problems in America today. Because Americans eat so much, we don't often think about the lack of nutrients in our diets. We now have to change our way of thinking. Because of the current fascination with fad diets, we now need to be concerned with receiving adequate amounts of vitamins and minerals. A popular weight loss diet is the Atkins Diet. The result of this diet, which



consists of mainly proteins and fats, is a rapid loss of appetite and a rapid loss of weight. The problem with this is that it is not a long-term solution. Many people mistakenly continue the diet beyond the initial fourteenday period. They continue to eat meat and avoid foods with carbohydrates. This increases the risk of heart disease from eating more saturated fatty foods. This results in the loss of vitamin B, calcium and potassium due to the lack of carbs. Another concern is the loss of vitamin C.

Lack of vitamin C is very important because it is essential for collagen synthesis as well as wound healing and healthy gums. Our principal source of vitamin C in the diet is an adequate supply of fruits and vegetables. Carnivorous animals can produce their own vitamin C, but humans can't. Although this vitamin was not chemically identified until the last century, its importance has been known for over 400 years. In the 15th and 16th century entire crews of sailing ships were ravaged by scurvy, a disease which causes the teeth to loosen and fall out. This is caused by the absence of vitamin C in the diet. It was later discovered by the Scottish scientist James Lind, that eating oranges and lemons could prevent this disease. Since this discovery, the incidence of scurvy has been low. Most Americans have never seen a case of scurvy.

How much vitamin C do we really need? If we are eating the recommended amount of five servings of fruits and vegetables, we will not generally require any supplementation for vitamin C. The diet for an adult should contain at least 75-90 mg of vitamin C per day.

Workers in underground mines and submarines excrete higher rate and require supplements. Smoking may also vitamin C levels. With the high cost of fruits and vegetables here in Kodiak, and the abundance of fish and we must remember to maintain a healthy balanced diet as healthy lifestyle.

It is important to remember that taking high levels of vitamin C in the present of poor oral hygiene will not improve our dental conditions. Our primary focus in dentistry remains oral hygiene, and professional dental cleaning, and regular check-ups, but we also need to be concerned with our nutrition, especially in the presence of extreme or weight-loss diets.

101 Things to do in Kodiak

Long time Kodiak residents often hear the comment "There's nothing to do in Kodiak!" That simply is not true. There is plenty to do on the Emerald Isle. We have compiled a list of 101 things to do in Kodiak. There are probably another 101 or 202 things to do in Kodiak, but this is a start. Try out one or two.

Visit the Education Center and pursue a college degree.

Volunteer as an on-air disc jockey at Public Radio KMXT, 100.1 FM. No experience necessary.

Visit one of the many MWR activities on base

Bird watch.

Join the garden club and cultivate your thoughts.

Go fishing for halibut, salmon or trout. Visit the Senior Center, help add some cheer to an older person's day.

Photograph the beauty of the Island. Celebrate spring at the Kodiak Crab Festival in May.

Volunteer with the Kodiak Arts Council as an actor or stage hand.

Attend one of the many cultural presentations at the Kodiak Auditorium.

Hike one of the many scenic trails along the road system.

Explore the beaches and tide pools. Mountain bike on the many trails around

the island.
Canoe, kayak or boat in the bays around the Island; see the island by sea.

Take a flightseeing trip and see bear, deer and other wonders of the Isle.

Volunteer with the Scouts.

Whale watch.

Volunteer at the Brother Francis Shelter. Work with the Special Olympics.

Volunteer with Little League.

Swim on the Kingfishers Community Swim Team.

Join the Coast Guard or Kodiak Amateur Radio Clubs.

Help on an Archeological Dig.

See what other people have dug up at the Alutiiq Museum.

Volunteer for the High School's "Night Out" Program.

Coach a Sports Team

Organize a babysitting co-op.

Learn CPR and First Aid with the local Red Cross.

Visit the oldest wooden structure in Alaska, the Baranov Museum. Take a class at the college.

Teach a class at the college.

Take a Dance Class, Line Dancing,
Ballet, Modern Dance for ages 3 – 93.

Discover your roots at the Family History Library.

Help pick up trash on the roadside.

Join a Quilting Circle.

Join the Community Orchestra.

Learn to play a musical instrument with the Youth Orchestra.

Become a Life Guard.

Exhibit your artwork with the Visual Arts League.

Get a library card at the City and College libraries.

Experiment with new coffees.

Beach comb.

Drive to Road's End.

Save Money.

Make some Salmonberry Jam.

Attend the Salmonberry Jam at the Kodiak Auditorium.

Build a storage shed out of old mail order catalogs.

Attend a School Pageant.

Go to the State Fair.

Learn to ride and care for a horse.

Sing with the Community Choir.

Be a chaperone on a youth trip.

Join a service Organization.

Visit self-help; fix up your quarters.

Adopt a pet/help at the Animal Shelter.

Join a Volunteer Fire Department.

Change the batteries in your smoke detectors.

Help with school computer clubs. Be a teachers' Aide.

Sell your crafts at the Cabin Cache.

Enter a photo contest.

Join a base or city Sport Team.

Enter the Talent Show.

Take a ferry to the mainland.

Cross Country Ski.

Surf, Dude, There are some killer waves on the Island.

Wind Surf.

Sled or snowboard.

Help with school events.

Make Fireweed Honey.

Enter something in the State Fair.

Women's Golf League.

Complete a personal fitness assess

ment at MWR.

Workout at the gym.

Join the PTA.

Surf the Internet on your home computer.

Volunteer for a committee.

Join the Kodiak Rodeo Association.

Join the 4H Clubs of Kodiak.

Volunteer as a chaperone at the teen center in town.

Enjoy the many natural wonders of Kodiak by visiting the National Refuge Visitors Center.

Umpire or referee a sports game.

Become a Foster Parent.

Sponsor an Exchange Student from another country.

Become an Ombudsman.

Go on a garage sale safari.

Learn to make Alaska native baskets.

Support cultural activities.

Ice Skate.

Go four-wheeling.

Stock car racing!

Pillar Mountain Golf Classic, one hole par 72, dress warmly.

Go skeet shooting at the VFW.

Go fly a kite! Watch low flying aircraft and power lines.

Recycle your oil at the Auto Hobby Shop. Write an article for the Barometer. Vote.

Watch a rocket launch.

Sit on Near Island and watch the ferry

Wander through old grave yards. Think of 101 more things to do.



